

A SNAPSHOT DIABETES IN WASHINGTON

Type 1 & 2 DIABETES

627
Thousand

people have diabetes



That's about
1 out of 9 people

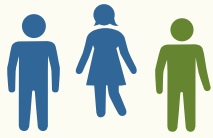
1 out of **4**

do not know they have diabetes



PREDIABETES

2
MILLION



1 out of 3 adults have prediabetes



ONLY **1** out of **12** adults are aware they have prediabetes



Without weight loss and moderate physical activity

15-30% of people with prediabetes will develop type 2 diabetes within 5 years

5
YEARS

COST OF DIABETES

Individual medical costs of having diabetes reaches near

\$14K
PER YEAR

2x\$

This is **twice** as high as for people without diabetes

People who have diabetes are at higher risk of serious health complications:



BLINDNESS



KIDNEY FAILURE



HEART DISEASE



STROKE



LOSS OF TOES, FEET, OR LEGS

Risk of death for adults with diabetes

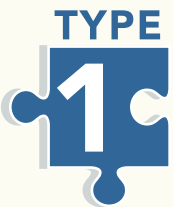


50%
HIGHER



than for adults without diabetes

TYPES OF DIABETES



BODY DOES NOT MAKE ENOUGH INSULIN

- Can develop at any age
- No known way to prevent it

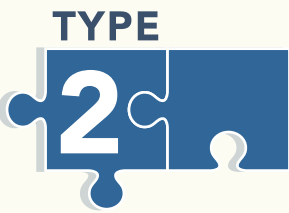
More than **18,000** new cases among people younger than 20 years in US each year



In adults, type 1 diabetes accounts for approximately

5%

of all diagnosed cases of diabetes



BODY CANNOT USE INSULIN PROPERLY

- Can develop at any age
- Most cases can be prevented



2 out of **5** adults will develop diabetes in their lifetime

More than **5,000** people younger than 20 years old in the US are newly diagnosed each year

In 2015 there were **39,000** new cases of diagnosed diabetes among adults in Washington



BEING OVERWEIGHT

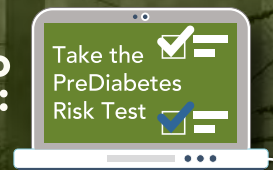


HAVING A FAMILY HISTORY



HAVING DIABETES WHILE PREGNANT (GESTATIONAL DIABETES)

Go to:



www.cdc.gov/diabetes

WHAT CAN YOU DO?

You can **prevent or delay** type 2 diabetes



LOSE WEIGHT



EAT HEALTHY



BE MORE ACTIVE

LEARN MORE AT: www.doh.wa.gov/Diabetes OR SPEAK TO YOUR DOCTOR

You can **manage** Type 1 & Type 2 diabetes



WORK WITH A HEALTH PROFESSIONAL



EAT HEALTHY



STAY ACTIVE

LEARN MORE AT: <http://diabetes.doh.wa.gov/> OR SPEAK TO YOUR DOCTOR

REFERENCES

Centers for Disease Control and Prevention. Diabetes Report Card 2014. Atlanta, GA: Centers for Disease Control and Prevention, US Department of Health and Human Services; 2015.

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